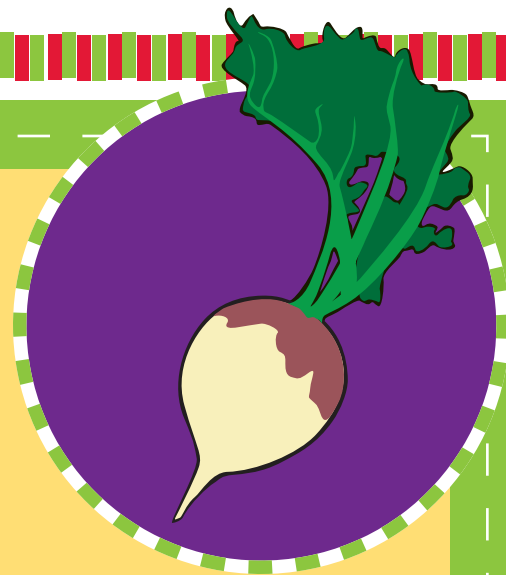


# In Season:



# Turnip!



**NUTRIENTS IN TURNIPS:**  
Vitamins: C.

### SELECTION:

Choose pearly, heavy turnips without soft spots. Leaves should be fresh if still attached. Small to medium ones are sweetest.

### STORAGE:

Store turnips in the refrigerator in a plastic bag for only a few days.

### QUICK FIX TIPS:

- You can use turnips in place of potatoes in any recipe, especially soups or stews.
- Serve turnip strips as a part of your veggie platter or add to a veggie stir-fry.
- Drizzle olive oil over peeled turnip wedges and sprinkle with salt and pepper. Place on baking pan, and roast in oven at 375 degrees for up to 45 minutes.

## Parsnip and Turnip Mash

**Prep Time:** 15 Minutes

**Serves:** 4

**Cups of Fruits and Vegetables per Serving:** 2

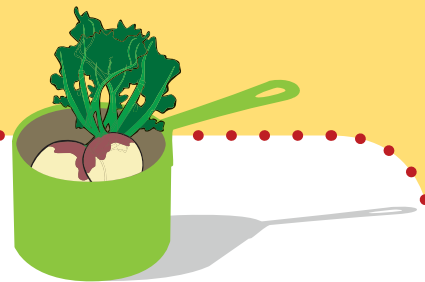
### Ingredients:

- 3 large turnips
- 6 large parsnips
- 2 tbsp light, unsalted butter
- 2 tbsp chopped fresh thyme leaves
- Pinch of salt and ground pepper

### Preparation:

1. Peel and dice the turnips and parsnips.
2. Add veggies and salt to a large saucepan, and cover with cold water.
3. Boil over MEDIUM heat for about 10 minutes. Veggies should be quite soft.
4. Drain veggies and put them back into the saucepan.
5. Add butter and thyme.
6. Using a potato masher, mash all ingredients together.
7. Serve warm.

**Note:** Veggies are done when you can insert the tip of a knife into the cubes with ease.



### Nutritional Information per Serving:

Calories:240; Total Fat:4g;  
Dietary Fiber:11g; Sodium:410mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).



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